



# TV DCTA Bits

Newsletter of the Tennessee Valley Dressage and Combined Training Association

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## Important Dates

Dec 14 Meeting at deciBel Research. 7PM. Dinner, Ornament Swap, and presentation "Horse Shopping from a Beginner's Perspective: Whoever said money can't buy happiness wasn't shopping for a horse!" by Sally Colocho. (All Members Welcome and diner provided)

Jan 22, 2011 Year End Awards Banquet. Port of Madison (Holiday Inn, 9035 Madison Boulevard, Madison, AL) Invitations will be mailed separately. Watch email and January newsletter for details.

Feb 15, 2011 Meeting at deciBel Research. Presentation by Tina Hicks from Core Reaction Pilates. (All Members Welcome and diner provided).

## December 2010

### Monthly meetings taking on a new format

The monthly club meetings are now going to include guest speakers. Please watch the website and newsletter for information on each month's speaker and their topic. If you ever wanted to become more involved with TV DCTA, meet other horse people in the area, or continue your horse education, plan on attending a meeting. There is always good food and good conversation.

The speaker series will start at the December 14<sup>th</sup> meeting and it will be given by TV DCTA member and club secretary Sally Colocho. Sally recently purchased her horse, Pacino, and will share her experience and valuable things she learned along the way. Her talk is titled "Horse Shopping from a Beginner's Perspective: Whoever said money can't buy happiness wasn't shopping for a horse!"

The Annual Awards Banquet will replace the speaker series and formal meeting in January.

On February 15 there will be a presentation by Tina Hicks of Core Reaction Pilates.

## Pilates and Riding

*By Tina Hicks*

*This is the first article in a series that Tina Hicks of Core Reaction Pilates is writing for the BITS newsletter. Be sure to look for her following articles and plan to attend her speech at the February meeting.*

Pilates gets a lot of press these days in many arenas – celebrities, athletes, dancers, riding, golf, etc.... But what is it exactly that makes it so effective? And what is so different about Pilates compared to other forms of exercise? Over the next few months I'll be writing about Pilates in some detail and how it relates to riding. But before I get into the nuts and bolts of the work of Pilates, I'd like to give you some background on this relatively modern exercise methodology.

Pilates is named after an actual person – Joseph Pilates, a German circus performer and boxer born in 1880. As a child and young adult he was fascinated with health and vitality and how to achieve it. While studying a variety of martial arts and observing animals in the wild for hours on end, he began to focus on the combination of

*Continued on Page 5*



GROUP  
MEMBER  
ORGANIZATION

- **This organization is a USDF Group Member Organization.**
- **This organization's members are automatically USDF Group Members.**

www.tvdcta.org

## TVDCTA Officers

### **President: Sonja Hinds**

129 Roxberry Drive  
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256-217-0740  
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sonjahinds57@msn.com

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steelprize@knology.net

### **Secretary: Sally Colocho**

310 N Jefferson St  
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256-232-1054  
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### **Treasurer: Paulette Harrell**

3113 Hale Drive  
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## TVDCTA Committees

### **Awards and Judges**

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### **CT Coordinator**

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### **CT Volunteer Coordinator**

No CT competitions planned for 2011

## Mission Statement

TVDCTA is a non-profit organization dedicated to encouraging a high standard of horsemanship through the use of classical dressage techniques. The TVDCTA will disseminate educational material, sponsor and promote activities (such as clinics, seminars and competitions), and cooperate with other local and national organizations in developing and promoting better horsemanship.

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Tennessee Valley Dressage & Combined Training Association  
Members Meeting  
26 October 2010

Members Present: Sonja Hinds, Judith Fiorentino, Paulette Harrell, Sally Colocho, Jane Dougert, Marsha Laitinen

Minutes of the September Meeting were approved.

### Treasurer's Report

<b>Beginning Balance</b>		<b>6030.84</b>
Sept Newsletter	(174.58)	
Sept Meeting	(49.63)	
Volunteer Awards	(25.00)	
October Newsletter	(221.94)	
<b>Ending Balance</b>		<b>5559.69</b>

### New Business

The volunteer coordinator announced that there were too few volunteers for the October show. It was decided that an email should be sent to solicit the needed volunteers.

The nominations committee reviewed the offices and standing committees for which chairman are elected as listed in the bylaws. The list of nominees thus far was presented and the committee solicited inputs for additional nominations for the remaining standing committees. Elections will be held at the November meeting.

Meeting adjourned.

### Next Meetings

Meetings are held on the third Tuesday of the month unless otherwise announced. The meetings will begin at 7 o'clock p.m. The next meeting will be held at deciBel Research and food will be provided. If anyone would like to help with the food or contribute something please contact Judith Fiorentino.

16 November 2010

14 December 2010 (Ornament Swap)

**Congratulations to the TVDCTA officer  
and committee members for 2011.**

**Conrad Schumacher Clinic**

*By Linda Wilson*

President	Sonja Hinds
Vice President	Judith Fiorentino
Secretary	Sally Colocho
Treasurer	Paulette Harrell

*About Conrad Schumacher (taken from www.conradschumacherdressage.com). Conrad Schumacher is one of the world's foremost dressage trainers, having trained many students to international Olympic and World Championship level. He has been an influential force in the successful teams from Germany, Holland, Great Britain and the USA. With his many years of experience, first as a rider then as a coach, trainer and judge, and his excellent command of the English language, Conrad is able to communicate with clarity and candour the correct path for over 4000 horse and rider combinations.*

<b>Committee</b>	
Bylaws/ Grievances	Marsha Laitinen
Nominating	Sonja Rich/Sally Colocho
Awards	Debbie Hill
Clinics/Shows	Judith Fiorentino Jane Dougert
Meetings/ Programs	Sonja Rich/Sally Colocho
Budget/Fiscal	Paulette
Newsletter/ Website	Meris Greges/ Bob Duncan
Membership	Paulette Harrell
Librarian	Cynthia Moore
Publicity	Sally Colocho
Volunteer Coordinator	Sabrina Byrum
CT Coordinator	Beth Johnson

I was fortunate enough to attend the Conrad Schumacher clinic as Cathy Zappe's groom. The clinic was held at Wolfgang's farm in Wilsonville Alabama (on November 11, 2010).

Cathy rode D'artagnon, 8 year old Oldenburg gelding, owned by Meredith Michelfelder, and Rohan, her own 6 year old Oldenburg gelding. When Cathy entered the ring, Conrad visited with her about her future goals. He noticed her accent and asked where she learned to ride. He said he had never seen anyone from South Africa who could ride as well as she did. Cathy said her instructors were German and he laughed and said, "That explains everything".

Megan Zappe also got to ride in the clinic on Tjester, an 8 year old New Forest Pony.

The clinic was held outdoors and the autumn day was perfect. Conrad used simple exercises to address the challenges of each horse and rider. His results were easily seen by all of us and the classical style of dressage was always emphasized.

I had a wonderful time and would recommend riding or auditing with Conrad Schumacher, if you ever get the chance.

**TRIPLE CROWN PARTNERS  
PROGRAM**

Triple Crown Nutrition will give TVDCTA money for every Proof of Purchase they receive. If you feed Triple Crown products please clip off the Proof of Purchase and send them to:

Sonja Hinds  
129 Roxberry Drive;  
Harvest, AL 35749.

She will compile all received proof of purchases and send them in for TVDCTA credit.

"In working trot the tempo is slightly more than the horse offers naturally. The rider maintains the energy by well-timed driving aids and encourages the horse to go forward without increasing speed."

Ingrid and Reiner Klimke, *The New Basic Training of the Young Horse.*

## **Last Month's Trivia Question**

What Dressage Master is credited for "inventing" the Shoulder In?

Answer: Francois Robichon de la Guerinere (1688-1751)

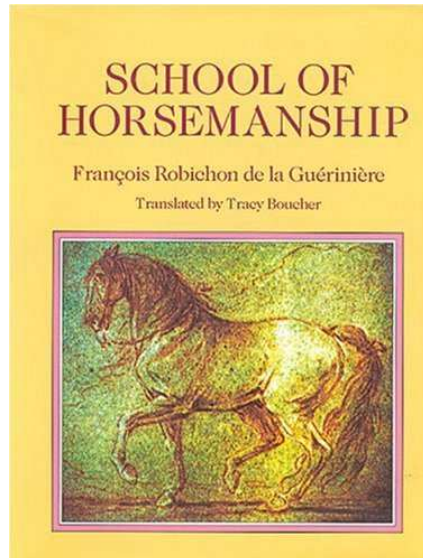
*By Meris Greges*

Last month's trivia question is one that is quite interesting. Riding and training horses has quite a rich history. There are many "Dressage Masters" and if you do some research you can understand how and why the training methods came about and when to apply them to your own riding.

Francois Robichon de la Guerinere (1688-1751) is often credited as the founder or most important figure of modern dressage. He was born in France and was the master of horses for King Louis XV of France. His methods are taught at the Spanish Riding School to this day. [1] He wrote *Ecole de Cavalerie* or *School of Horsemanship* in 1733. His book is recommended reading for USDF instructor certification and "L" program candidates. You can purchase it from the USDF bookstore for \$80.

Alois Podhajsky, former director of the Spanish Riding School in Vienna, complements Guerinere stating that "unlike the writings of this predecessors, his book is clear and easy to understand. He based it on simplicity and facts in order to be completely understood by his readers." His aim was to have a riding horse that was "quiet, supple, and obedient, pleasant in his movements and comfortable for his rider." [1] That sure seems what most anyone who sits on a horse wants to achieve. However, during Guerinere's time this was a breakthrough from the rough techniques that were often used.

Guerinere's book, *School of Horsemanship*, has 3 chapters: 1) Knowledge of the horse in and



out of the stable 2) Training and 3) Treatment of Illness.

Guerinere wanted an exercise that would bend the three joints of the hind leg, free the movement of the shoulder, improve contact with the bit, and increase suppleness and obedience. Therefore the shoulder-in was "invented." He encouraged a steeper angled shoulder-in than is seen in competition today to achieve this. His drawings displayed a 4 track movement vs 3 tracks that is seen currently. [1]

Guerinere also focused on the rider and emphasized the dressage seat seen today. He "allowed an effective natural seat, with legs flexed at the knee, and the feet under the rider in a supple and relaxed fashion." Previously riders put their legs stretched out in front of their hips and center of mass. [2]

Guerinere made non forceful riding apparent and appreciated, he invented/discovered one of the most used and fundamental training exercises (the shoulder-in), and he taught us how to sit on horse in balance and harmony nearly 275 years ago.

### *References*

[1] Podhajsky, Alois. *The Complete Training of the Horse and Rider in the Principles of Classical Horsemanship*. 1967. Wilshire Book Company.

[2] Gahwyler, Max. *The Competitive Edge II. Moving up the Levels*. 1992. Half Halt Press.

## **This Month's Trivia Question**

What is the title, author, and date of the earliest know works on choosing, caring for, and riding horses?

*Hint: It is much older than Francois Robichon de la Guerinere*



Do you have a horse keeping, fitness, training, or time saving tip you would like to share? How about a question or a neat photo? Contributions for the newsletter are encouraged!! Items are subject to change at the editor's discretion.

Contributions may be mailed or submitted via email to [meris@mcn.net](mailto:meris@mcn.net). If you would like your mailed material returned, please include a SASE. Mail contributions to Meris Greges; 29938 Thach Rd; Athens, AL 35613

breath with movement and noticed changes in his own health, posture, and physique.

It was in a WWI war camp in England in 1914 that his unique system of exercising truly began to take shape, becoming known in his lifetime as "Contrology". (His system didn't become known as Pilates until after his death.)

Joseph was both inventive and resourceful when it came to helping people regain function and movement within the confines of internment. In an effort to provide as much movement and resistance as possible for the bedridden, he took springs from the beds and attached them to the bed posts so that arms, legs and torsos could be moved. Thus was born the first piece of Pilates equipment that we still use today, the Trapezium or Trap Table. In an interesting aside, when the 1918 'flu epidemic swept the world killing millions – including many in the war camp – none of his followers succumbed!

After the war ended, Joseph and his wife Clara moved to New York City and opened a studio. Most of his clientele were dancers, actors, and circus performers -- people who made their living off the health and function of their bodies. Joseph Pilates died in 1987 without ever seeing his system become a popular form of exercise for the general public.

So how does all this relate to riding horses? Pilates develops and retrains the deep core muscles – those muscles along the spine you can't see or feel or voluntarily activate. This set of muscles is in large part responsible for our sense of balance, posture, and the overall good function of our body. With a properly developed core, you sit in a balanced manner on the horse – ON the horse rather than ON TOP OF the horse – and can more readily follow the movement of the horse. It's easier (and more clear to the horse) to apply a leg or rein aide when the core is strong

enough to let the limbs move independently.

Since Pilates works from the inside out, the outward signs of improvement are somewhat slow to appear – much like beginning riding lessons. What you are in fact doing is setting the foundation on the inside before seeing and feeling external changes. Joseph Pilates had a saying: "In 10 sessions you'll feel a difference. In 20 sessions you'll see a difference. In 30 sessions you'll have a whole new body".

While the actual number of sessions will vary by individual, there is a definite progression in the work that is difficult to see or feel in the initial stages. This is different from weight training or other traditional exercises where the focus tends to primarily be on the external structure – "feeling the burn" and measuring how much you benefited from the exercise by how sore you are the next day. In fact, overdevelopment of the external muscles actually precipitates the inactivity of the deeper internal muscles, thereby decreasing your core strength and balance.

So... how do you get started? The first step is to gain awareness of how and where your breath goes. Breath control is an integral part of Pilates; to perform the same movements without breath control is not practicing Pilates. The reason for this is both simple and beautifully complex: a series of automatic reflexes in the body which trigger the stabilizing muscles from the arch of the foot, all the way up the spine, to the base of the skull.

To start:

Lie on your back with your knees bent and your feet flat on the floor. Place something under your head if needed to feel comfortable in this position (a folded towel, for example). Place your hands on each side of your rib cage with fingertips touching at the center line. Take in

a normal breath and notice what happens – do your fingers move apart from each other? Or does the breath stop in your chest before reaching your rib cage? After spending 5 – 10 breaths noticing where your breath is going, start to think about your back and feel its contact with the floor. As you inhale, concentrate on the breath going into your back. This will cause the rib cage to begin to expand laterally – as if the ribs were expanding outwards to touch the inside of your arms. There are several benefits to this way of breathing – more lung capacity, a more flexible spine, a relaxed state of mind, and a more relaxed, natural breath.

At first this may feel not just foreign but totally impossible, in spite of the fact that your ribs used to move in this manner before modern life changed your posture. This can be reversed! though it may take some dedication. In the beginning, you may have to physically move your spine/torso to initiate the sensation of expanding your ribs. Over time, however, your ribs will once again become the elastic corset for your upper body they used to be, and sending the breath more to your back will once again feel natural.

These are the first steps to gaining more balance and ease on the horse! How? Because you will now be able to use a full, deep exhale to connect with and activate the deep muscles of the spinal column, lower abdomen, mid and low back so they are "on" to support you during movement – riding or otherwise.

Next month I'll describe how to take your new breath awareness and apply it to a few basic Pilates exercises.

An analysis of the schooling shows TVDCTA put on in 2010.

	Number of Tests Ridden per Level (not including the 5 CT rides at the June Show)								Total Rides	Avg Score
	Intro	Training	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	FEI			
April Show	13	29	15	0	2	0	0	59	57.29%	
June Show	9	23	9	2	1	0	0	44	61.78%	
Sept Show	10	32	8	1	1	0	0	52	59.32%	
Oct Show	17	28	8	0	0	1	1	55	63.36%	
<b>Total for 2010</b>	<b>49</b>	<b>112</b>	<b>40</b>	<b>3</b>	<b>4</b>	<b>1</b>	<b>1</b>	<b>210</b>	<b>60.44%</b>	

	Number of Riders	Number of Volunteers	Total Volunteer Hours
April Show	30	15	60.25
June Show	25	22	91.25
September Show	26	18	51
October Show	30	19	54.75
<b>Total</b>	<b>111</b>	<b>74</b>	<b>257.25</b>



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### **TVDCTA Schooling Show Dates for 2011**

April 9, 2011

Steel Prize Stables, Madison, AL.

Judge: TBD

June 11, 2011

Venue: TBD. Judge: TBD

Sept 10, 2011

Red Horse Ridge, Gurley, AL.

Judge: TBD

Oct 29, 2011

Flint Ridge Farm, Huntsville, AL

Judge: Dolly Hannon (S)

## CALENDAR OF EVENTS

Dec 2010

1-5	USDF National Convention and Symposium. Jacksonville, FL. See <a href="http://www.usdf.org">www.usdf.org</a> for details.
10-12	Brian MacMahon Clinic at Red Horse Ridge, Gurley, AL. Contact Sonja Hinds. 256-682-6913 or <a href="mailto:sonjahinds57@msn.com">sonjahinds57@msn.com</a>
14-16	Bill Fields Clinics, Flint Ridge Farm, Huntsville, AL. Contact: Mimi Barnes at <a href="mailto:b_mimi@bellsouth.net">b_mimi@bellsouth.net</a> for more information.
18	<b>Steel Prize Stables 27<sup>th</sup> Annual Christmas Open House.</b> Starting at 11:30. Horse Freestyles and Dog Agility exhibitions. All are welcome, no RSVP required. Please bring a covered dish to share and drinks will be provided. Held in Steel Prize Stable indoor arena. Dress is barn casual (warm). Please contact Judith Fiorentino for more information. 256-837-5474 <a href="mailto:steelprize@knology.net">steelprize@knology.net</a>

## 2011 CALENDAR OF EVENTS

March 12-13	Poplar Place Farm March Dressage Show. Hamilton, GA. USDF/USEF Dressage show. See <a href="http://www.poplarplacefarm.com">www.poplarplacefarm.com</a>
April 9-10	Greater Atlanta Dressage Southern. Conyers, GA. USDF/USEF Dressage show. See <a href="http://www.gdcta.org">www.gdcta.org</a>
<b>April 9</b>	<b>TVDCTA Schooling Show at Steel Prize Stables. Madison, AL. Judge: TBD. See <a href="http://www.tvdcta.org">www.tvdcta.org</a></b>
April 15-17	Tennessean Express Dressage and Tennessean Express Dressage. Murfreesboro, TN. USDF/USEF Dressage Show. See <a href="http://www.tndressage.com">www.tndressage.com</a>
April 16-17	Poplar Place Farm April Dressage Show. Hamilton, GA. USDF/USEF Dressage show. See <a href="http://www.poplarplacefarm.com">www.poplarplacefarm.com</a>
April 23-24	Dressage at Greystone Farms. Lynnville, TN. USDF/USEF Dressage show. See <a href="http://www.greystoneequestriancentersshows.com">www.greystoneequestriancentersshows.com</a>
April 30-May 1	GHF/Collecting Gaits Farm Dressage at the Horse Park. Conyers, GA. USDF/USEF Dressage show. See <a href="http://www.goodhorseman.org">www.goodhorseman.org</a>
April 30-May 1	Dressage at the Ridge. Tuskegee, AL. USDF/USEF Dressage show. See <a href="http://www.sucaroridge.com">www.sucaroridge.com</a>
May 14-15	Memphis in the Springtime 1 and 2. Germantown, TN. USDF/USEF Dressage Show. See <a href="http://www.deltadressage.com">www.deltadressage.com</a>
May 21-22	Dressage at Greystone Farms. Lynnville, TN. USDF/USEF Dressage show. See <a href="http://www.greystoneequestriancentersshows.com">www.greystoneequestriancentersshows.com</a>
May 21-22	Poplar Place Farm May Dressage Show. Hamilton, GA. USDF/USEF Dressage show. See <a href="http://www.poplarplacefarm.com">www.poplarplacefarm.com</a>
<b>June 11</b>	<b>TVDCTA Schooling Show at Steel Prize Stables. Madison, AL. Judge: TBD. See <a href="http://www.tvdcta.org">www.tvdcta.org</a></b>
June 11-12	Dressage by the River. New Market, TN. USDF/USEF Dressage Show. See <a href="http://www.-river-glen.com">www.-river-glen.com</a>
June 11-12	The Good Horseman/Collecting Gaits Farm Annual Dressage Show 1 <sup>st</sup> and 2 <sup>nd</sup> Edition. Conyers, GA. USDF/USEF Dressage show. See <a href="http://www.goodhorseman.org">www.goodhorseman.org</a>
June 18-19	Poplar Place Farm June Dressage Show. Hamilton, GA. USDF/USEF Dressage show. See <a href="http://www.poplarplacefarm.com">www.poplarplacefarm.com</a>
July 16-17	Dressage at Greystone Farms. Lynnville, TN. USDF/USEF Dressage show. See <a href="http://www.greystoneequestriancentersshows.com">www.greystoneequestriancentersshows.com</a>
July 30-31	The Good Horseman/Collecting Gaits Farm Summer Dressage Show. Conyers, GA. USDF/USEF Dressage show. See <a href="http://www.goodhorseman.org">www.goodhorseman.org</a>



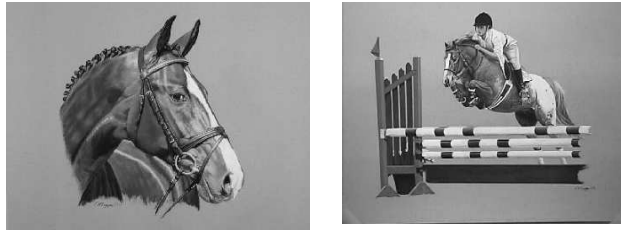
# Classified Ads

Member's (free) classified ads will also appear on the TVDCTA web site, [www.tvdcta.org](http://www.tvdcta.org). Note that the pictures will be **in color** and **larger** if you look on the web! You may also submit pictures for inclusion in your ad. Please contact the editors to renew after three months.

**Portraits in pastel by Virginia Moon.** Starting at \$250.00 depending on travel. I will take photos of your horse. Call 859-0659 or email [ginnymoon@aol.com](mailto:ginnymoon@aol.com).



**Portraits by Cathy.** Horses, dogs cats and children. Your favorite photo or I can take them for you. \$150 for a head only, \$200 and up for the whole animal, depending on the amount of background, rider etc. Call 721-3946 or email me at [czappe@mchsi.com](mailto:czappe@mchsi.com).

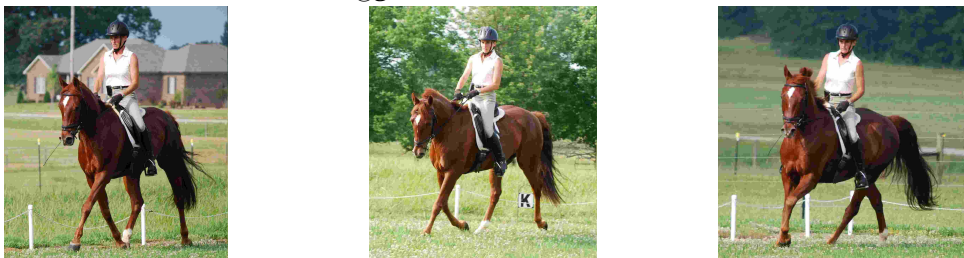


**Morgan Mares:** Kate-8 year old reg. Morgan mare-sound, trail rides, great dressage prospect, proven broodmare, trailers, shod regularly, good ground manners. Emma - coming 3 year old, sound Morgan mare, ties, hooves trimmed regularly, handled a LOT as a baby, people lover. Price on both - make an offer. See [www.chanceyspeaceofheaven.com](http://www.chanceyspeaceofheaven.com) or call 256-603-0055 or [Jackie8@aol.com](mailto:Jackie8@aol.com).

**For Sale:** Lacy is a 14 year old, 13.1 hand pony. She has excellent ground manners and would be a great first pony for any child. She has been used as a lesson pony, she jumps, loves to trail ride and has been shown in dressage, combined training and Hunters. Asking price is \$4500. Call Kathy (205) 522-7478.



**Appendix Quarter Horse gelding for sale** - 13 y/o showing First Level and schooling Second Level. Consistent scores in the 60% range. Expressive gaits and great work ethic. Easy to handle, loads, cross ties, no vices, utd on shots, coggins, and shoeing. Great horse for someone wanting to get their bronze medal. Asking \$3,500. Will consider offers. Merry Schmidt 256-497-7793 [mschmidt908@gmail.com](mailto:mschmidt908@gmail.com).



**Horse Boarding.** Odenville, Alabama show stable. Very large indoor riding area and turnout. \$350 per month. Call Tim at 205-629-7762.



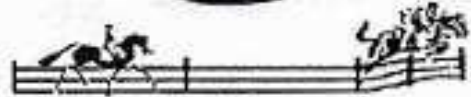
## Cathy Zappe Dressage Instructor

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## Debbie Hill

Resident Dressage Trainer at Red Horse Ridge

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## Karin Miles

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## Tennessee Valley Dressage and Combined Training Association Membership Application

Primary Member Name: \_\_\_\_\_ Birth Date (for Juniors): \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail Address: \_\_\_\_\_

Membership Type: Please select either Individual Adult, Individual Junior, or Family Membership and enter appropriate fee.

\_\_\_\_ Individual Adult Membership (\$40) (USDF Dues \$20, Club Dues \$20)

\_\_\_\_ Individual Junior (under 21) Membership (\$30) (USDF Dues \$20, Club Dues \$10)

\_\_\_\_ Family Membership (\$50; covers two riders) (USDF Dues \$30, Club Dues \$20)

Secondary Family Member Name: \_\_\_\_\_

Birth Date (for Juniors): \_\_\_\_\_

Additional Family Membership Riders (\$12 each) (USDF Dues \$10, Club Dues \$2)

\_\_\_\_ Additional Family Rider 1 Name: \_\_\_\_\_

Birth Date (for Juniors): \_\_\_\_\_

\_\_\_\_ Additional Family Rider 2 Name: \_\_\_\_\_

Birth Date (for Juniors): \_\_\_\_\_

\_\_\_\_ Additional Family Rider 3 Name: \_\_\_\_\_

Birth Date (for Juniors): \_\_\_\_\_

\_\_\_\_ Additional Family Rider 4 Name: \_\_\_\_\_

Birth Date (for Juniors): \_\_\_\_\_

\_\_\_\_ **Total Membership Fee** - *A portion of your dues will be sent to USDF*

If a new member, how did you find out about TVDCTA? (Which TVDCTA member should get the credit?)

\_\_\_\_\_  
Are you interested in helping out with:  
Awards - Budgets - Clinics - Shows - Combined Training - Librarian  
Meetings/Programs - Membership - Newsletter - Nominating - Publicity - Volunteers ?

Please make checks payable to TVDCTA. - Please submit renewals prior to **November 30th**.

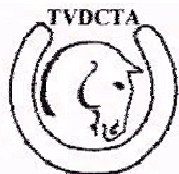
Mail to: **Paulette Harrell**, 3113 Hale Drive, Huntsville, AL 35805

For more information, contact Paulette at (256) 652-4007

*This organization is a USDF Group Member Organization and members are automatically USDF Group Members and are eligible for al USDF rider awards.*

Meris Greges  
29938 Thach Rd  
Athens, AL 35613

*Next TVDCTA Meeting on Tuesday Dec 14 at 7PM at  
deciBel Research (325 Bob Heath Drive in Huntsville in  
Research Park). \*\*Ornament Swap*



**Tennessee Valley Dressage &  
Combined Training Association**